

11th ASEAN Council of Physical Education and Sport (ACPES) International Conference 2025



Contribution ID: 109

Type: **Oral**

PERFECTIONISM AND BURNOUT AMONG ATHLETES

Friday, October 3, 2025 10:00 AM (15 minutes)

Abstract

Perfectionism is a prevalent trait among athletes that can either serve as a driving force for achievement or contribute to psychological distress when left unmanaged. This study investigates the relationship between perfectionism and burnout among junior high school student-athletes in the Philippine context, where empirical evidence on the topic remains limited. Utilizing a quantitative descriptive-correlational design, the study surveyed student-athletes using standardized instruments to assess levels of perfectionism and burnout. Results showed high levels of self-oriented perfectionism and emerging indicators of emotional and physical exhaustion. A weak but significant correlation was found between maladaptive perfectionism and burnout. Findings emphasize the need for mental health support systems in school-based athletic programs, aligning with the global agenda of promoting well-being through sports.

Keywords: Perfectionism, Burnout, Student-Athletes, Mental Health, Junior High School

Background

Perfectionism, characterized by the pursuit of flawlessness and high personal standards, is commonly found among athletes and is often regarded as both a strength and a vulnerability (Flett & Hewitt, 2021). While adaptive perfectionism can enhance motivation and performance, maladaptive perfectionism, marked by excessive concern over mistakes and external expectations, has been linked to increased psychological strain and burnout (Hill & Madigan, 2017). Burnout in athletes typically manifests as emotional exhaustion, reduced sense of accomplishment, and devaluation of sport participation (Raedeke & Smith, 2001).

Despite significant international research on this topic, localized studies on perfectionism and burnout a

Objectives

This study aims to:

1. To determine the level of perfectionism among athletes.
2. To assess the level of burnout experienced by athletes.
3. To determine the relationship between perfectionism and burnout among athletes.
4. To investigate the influence of perfectionism on burnout among athletes.

Methods

A quantitative descriptive-correlational research design was adopted for this study. Participants included junior high school student-athletes from selected public and private schools in the Philippines, selected through purposive sampling. Two standardized instruments were used: the Multidimensional Perfectionism Scale (MPS) by Hewitt & Flett (1991), which measures personal standards, concern over mistakes, and perceived external expectations. Athlete Burnout Questionnaire (ABQ) by Raedeke & Smith (2001), assessing emotional and physical exhaustion, reduced accomplishment, and sport devaluation. Data were analyzed using descriptive statistics to determine central tendencies and Pearson's r to assess the correlation between perfectionism dimensions and burnout indicators. Ethical protocols were followed, including informed consent and data privacy safeguards.

Results

The findings revealed that participants exhibited high levels of self-oriented perfectionism, particularly in personal standards. While the overall burnout scores were within low to moderate ranges, early signs of emotional and physical exhaustion were noted in several respondents. A weak but statistically significant

positive correlation ($r = .29, p < .05$) was found between maladaptive perfectionism traits, particularly concern over mistakes and perceived external pressures, and burnout components, suggesting that perfectionistic tendencies may contribute to stress and fatigue over time. Adaptive forms of perfectionism, however, were not strongly associated with burnout symptoms.

Conclusion

This study highlights the dual nature of perfectionism in the lives of junior high school student-athletes. While striving for excellence is an essential aspect of competitive sport, maladaptive perfectionism may lead to emotional exhaustion and potential burnout if not properly addressed. These findings underscore the urgent need to integrate mental health and wellness programs into school-based athletic environments, particularly those that promote healthy coping strategies and resilience. In line with Sustainable Development Goal 3: Good Health and Well-being, educational institutions, coaches, and sport organizations should be equipped to recognize psychological risks and foster balanced environments where performance and well-being can coexist. Further research is recommended to explore longitudinal effects and intervention strategies in the adolescent athletic population.

References

- Appleton, P. R., & Curran, T. (2020). Adaptive and maladaptive perfectionism in sport: A review and research agenda. *International Review of Sport and Exercise Psychology*, 13(1), 1–26. <https://doi.org/10.1080/1750984X.2019.1663255>
- Flett, G. L., & Hewitt, P. L. (2021). The perfectionism pandemic meets COVID-19: Understanding the stress, distress, and problems in living for perfectionists during the global health crisis. *Journal of Concurrent Disorders*, 3(1), 81–105.
- Hill, A. P., & Madigan, D. J. (2017). A short review of perfectionism and sport. *International Journal of Sport Psychology*, 48(4), 310–319.
- Raedeke, T. D., & Smith, A. L. (2001). Development and preliminary validation of an athlete burnout measure. *Journal of Sport and Exercise Psychology*, 23(4), 281–306.
- United Nations. (2021). Sustainable Development Goals: Goal 3 –Ensure healthy lives and promote well-being for all at all ages. <https://sdgs.un.org/goals/goal3>

Authors: Ms ALCORDO, Irene Joy (University of Mindanao Digos College); Dr BROA, Dann Ian (University of Mindanao Digos College); Mr CARAY, Jefferson (University of Mindanao Digos College); Ms NEBRIA, Bea Shane (University of Mindanao Digos College)

Presenter: Dr BROA, Dann Ian (University of Mindanao Digos College)

Session Classification: Sports Science and Performance and Enhancement

Track Classification: Sports Science and Performance Enhancement